

# YORKSHIRE THREE PEAKS WEEKEND

## FREQUENTLY ASKED QUESTIONS

### How fit do I need to be?

This trekking challenge is all about **endurance** fitness. Our challenges are designed to enable everyone to go at their own pace and achieve their personal goals; this is not a race. We support the group in a way that allows a good spread between the front and back of the group. For logistical and safety reasons we sometimes need to re-group, so those at the front will find themselves waiting. Please relax, and remember that this is a **team effort** that enables people to achieve their goals – it's not about how fast you can walk as an individual.

Equally, it's no good for your self-confidence if you haven't prepared yourself for the challenge, so sticking to our training plan will really pay off. As a general rule of thumb, on fairly flat but uneven terrain you should be able to walk at 2-3mph without feeling as though you are pushing your limits. It goes without saying that you need to be mentally prepared too – self-belief and determination go a long way!

This trek is achievable for most people provided they **train well in advance**. You will be up early in the morning and trekking for up to 9 hours. You will trek approximately 20 miles over the weekend, though it would be a mistake to base your training purely on distance. Think about the hours you need to walk for and the terrain you are walking over. Try to train with your day-pack on your back and get used to drinking and carrying water during your training.

Keep in mind that this is a challenging trek and many people will find elements of the trip difficult at times, whether it is the physical trekking, changing weather, missing home comforts or something else. It is great if you can work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from trekking the Yorkshire Three Peaks are extraordinary!**

### What will the trekking be like?

We trek mainly on grassy or gravel paths but there are some stony tracks and small tarmac roads; some sections may be muddy. There are steep inclines both up and down. If you are unsteady on uneven ground, or have knee problems, you will find trekking poles useful, but do make sure you use them when training. The Yorkshire Dales is a very popular area with walkers and this environment needs the respect of all its users to be preserved. We support the Countryside Code, so please walk on the path surface rather than on the vegetation growing beside it, don't remove stones from the paths and don't take short-cuts.

### Who accompanies us on the trek from Discover Adventure?

Your trip will be led by **experienced Discover Adventure leaders**. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

### Where do we meet?

Please arrive at Philpin Farm Campsite from 16:00 to 19:00 on the Friday (details below):

Philpin Farm Campsite, Chapel Le Dale, Ingleton, North Yorkshire, LA6 3AR

Your tents will be set up for you by your Discover Adventure crew, and your trek leader will give a weekend briefing over dinner at around 19:30. Please make sure you arrive in time for this. Nearer the time, you will be given our out-of-hours number so you can contact us if you have any difficulties getting there on the day.



## What is the accommodation like?

The campsite is very comfortable, with a good toilet and shower block, communal barn area to gather in, and wi-fi. Our hosts look after us extremely well, and it's not unusual to be greeted with home-baked cakes on arrival! Two-man tents will be provided and set up for you. You should bring your own sleeping bag and mat. When you booked up for the trip you were asked for a tent share request so you can be paired up. If you are travelling by yourself you will be paired up with another participant of the same gender and similar age.

## Can I request single accommodation?

Sharing a tent is a really good ice-breaker if you don't know anyone else on the trip, so don't worry too much about it! However, if this is something you would like to discuss, you can bring and set up your own tent if you would prefer. Please have a chat with us if this is what you plan to arrange.

## What about travel arrangements to the campsite?

You will need to make your own travel arrangements. If you are driving, there is parking at the campsite where you can leave your car for the weekend. If you plan to take the train, the trip leaders can pick you up from Ribbleshead Station between 16:00 and 19:00. There are regular connecting trains from Leeds to Ribbleshead Station. Please let us know your arrival time **in advance**, so the crew can arrange to collect you. If we don't hear from you we will assume you are making your own way to the campsite.

## What are the travel arrangements to Pen-y-Ghent on the Sunday?

You will either travel to Horton-in-Ribblesdale to start your climb of Pen-y-Ghent with the leader, or in your own cars if you'd prefer. If you decide to drive yourself, you are then able to set off on your journey home after you've finished the challenge, rather than heading back to the campsite.

## What will the weather be like?

While we hope that the conditions will be favourable for you, the weather can be unpredictable. Even in the summer months we can be exposed to rain, strong winds and storms, and it can be chilly. Expect it to be windier and colder as you gain height. Conditions can change quickly, and mountain environments must always be respected. It could also be hot and sunny! Please ensure you have appropriate waterproofs and footwear, and plenty of layers so you can add and remove clothing to keep yourself comfortable. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy.

## What do I need to bring?

Refer to your **Kit List** to ensure that you have all the essentials for comfortable trekking, whatever the weather. If you aren't prepared, strong sun can make trekking just as challenging as rain or wind. You will need to carry a day-sack with spare layers, waterproofs, first aid kit, snacks and anything else you need while trekking. A day-sack with adjustable, padded shoulder-straps and hip belt is essential. Make sure your walking boots are lightweight, waterproof and well-worn in, with good ankle support. Trekking tops of a wicking nature will be more comfortable to walk in than cotton. We recommend using a hydration-bladder drinking system rather than bottles as it is easier to keep yourself hydrated with regular small drinks. If you intend to trek with poles, ensure that you train with them. Don't forget your charity t-shirt for photos!

## What will I be eating?

You will be fed very well during the weekend; with evening meals on the Friday and Saturday, breakfast on both of the two mornings, and a packed lunch for the Saturday and Sunday.



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## Do I need to bring snacks?

You may wish to bring a few snacks to keep you going each day - around **2-3 tasty treats will suffice**. We recommend a combination of slow and fast release snacks such as cereal bars, flapjacks, salted nuts, chocolate bars, and a packet of sweets. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important.

## I have a specific dietary need; will there be enough for me to eat?

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Always ask for our advice.

## What about toilets?

You may be getting used to being out trekking for periods of time and noticed that toilet facilities are not always in the most convenient places. This is also true of the challenge itself! There are facilities at the start and end of the day but then it is more limited whilst you trek. There may be occasions when you will need to discretely find a sheltered natural spot; make sure you take toilet paper and nappy sacks with you, which can be disposed of at the next available bin.

## How much do I need to drink?

**Drink, drink, drink!** You should be drinking 1-2 litres of water a day during your trek so please also make sure that you are used to walking with this amount of weight on you. 1ltr of water weighs around 1kg. There will be plenty of water provided for you throughout the weekend so ensure you stay well hydrated.

## What can I do to prevent illness during the challenge?

Illness can spread through the group very quickly when you are living closely together so it's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful.

## What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip **please talk to the crew and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!



## What will happen in the case of an emergency on this challenge?

The crew will have radios, an extensive medical kit and other safety apparatus where necessary. If you are feeling unwell on this trek, tell your leaders and listen to their advice as your health and safety is our top priority.

## Do I need travel insurance?

Many people assume that travel insurance is an unnecessary expense for a trip in the UK. Of course, as a British citizen you won't need insurance for medical treatment because you can rely on the NHS. However, travel insurance is about more than medical cover, as it can protect you from a multitude of unfortunate circumstances. See the [insurance page on our website](#) for further information.



## How much money will I need to bring with me?

You needn't worry about carrying much money with you – there is not much opportunity for spending. You may wish to buy a drink at the local pub.

If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs – for example, extra accommodation or meals. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.

## Will there be Wi-Fi, phone reception and charging points?

Please be aware that the mobile reception is limited at the site, and the Wi-Fi may be intermittent at time, or not as fast as you are used to at home. There is no access to power for charging devices. You may wish to bring your own solar charging device, or treat this challenge like a 'Digital Detox'.

## What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss options with you.

## Passenger Portal

We have a **Passenger Portal** which will enable you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

